

**New for 2021 Fork Buffets**

Category	Item	Ingredients	ALLERGENS
	<b>Sesame Za'atar Roast Chicken</b>	Chicken, sesame seeds, dried sumac, salt, cumin seeds, oregano, marjoram	SESAME,
	<b>Tear &amp; Share Spinach, Goat's Cheese, Pinenut &amp; Rosemary Filo Pastry Spiral</b>	Flour (contains Calcium Carbonate, Niacin, Iron, Thiamine) Water, Sunflower Oil, Potassium Sorbate, Calcium Propionate, Vegetable Glycerine, Salt, Maize Starch, goat cheese(milk),spinach, pinenuts, rosemary, vegetable oil	GLUTEN, MILK, NUTS,
	<b>Fattoush Salad</b>	Cucumber, red peppers, green peppers, chickpeas, tomatoes, olive oil, parsley	
	<b>Basmati &amp; Quinoa Tabbouleh with Fresh Mint &amp; Pomegranate</b>	Basmati rice, quinoa, tomatoes, cucumber, chilli, lemon, mint, pomegranate	
	<b>Pitta Flat Breads</b>	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Spirit Vinegar, Fermented Wheat Flour, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Salt, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Dried Skimmed Milk, Flour Treatment Agent (Ascorbic Acid)	GLUTEN
	<b>Houmous with Smokey Roasted Chickpeas</b>	Chickpeas, rapeseed oil, water, salt, garlic,lemon juice, potassium metabisulphite, sesame seeds, e202, e111, smoked paprika.	sulphites, sesame
	<b>Tahini Sesame Brownies</b>	Wheat flour, butter, sugar, eggs, vegetable oil, salt, cocoa powder, cocoa mass,cocoa butter, sugar, soya lecithin, sesame seeds.	GLUTEN, MILK, EGGS, SESAME, SOYA
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, oranges	
	<b>Sticky Savoury Miso &amp; Sweet Chilli Roasted Chicken</b>	Chicken, salt, pepper, water, soybeans, rice, spirit vinegar,sugar chilli, acetic acid, garlic, citric acid, modified corn starch, ginger, chilli flakes, coriander, maple syrup.	SOYA,
	<b>Hoi Sin Mushroom, Tofu &amp; Water Chestnut Lettuce Wrap Bites</b>	Hoi sin sauce, mushrooms, Soya beans, water, calcium sulfate, E900,water chestnuts, cos lettuce, Wheat Flour, Water, sesame,Palm Oil, Glucose, Salt, Raising Agents: E450, E500, Emulsifier: E471, Flour Treatment Agent: E920.	SOYA, GLUTEN, SESAME
	<b>Ginger Egg Noodle &amp; Greens Salad</b>	Ginger, durum wheat flour, eggs, spinach, cos lettuce, rocket	GLUTEN, EGGS,
	<b>Asian Vegetables with Toasted Peanuts &amp; Cashews</b>	Courgette, carrots, beanshoots, spinach, green pepper, red peppers, peanuts, cashews, water, soybeans, spirit vinegar,sugar chilli, acetic acid, garlic, citric acid, modified corn starch, ginger, chilli flakes, coriander, maple syrup.	PEANUTS, SOYA, NUTS
	<b>Crispy Veggie Spring Rolls</b>	Cabbage, carrot, bean sprouts, onions, red peppers, green peppers, sweetcorn, corn oil, water, celery, white radish, sunflower oil, Corn starch, sugar, salt, yeast extract, soybean, wheat flour, garlic spices, , chilli powder, black pepper, ginger, aniseed, fennel, tangerine peel, cassia, pepper, citric acid, white pepper,	CELERY, SOYA, GLUTEN,
	<b>Prawn Crackers</b>	Prawns, water, salt, E332i, E330, modified tapioca starch, calcium carbonate, wheat flour, sugar, salt, E412, palm oil, E635, shortening, yeast, sugar, amylase.	GLUTEN, CRUSTACEAN
	<b>Banana &amp; Cream Salted Caramel Muffin</b>	Flour, butter, egg, milk, baking powder, sodium bicarbonate, sugar, salt, banana, double cream, glucose syrup,skimmed milk, sugar, coconut fat, diglycerides of fatty acids, salt, natural flavourings.	GLUTEN, EGGS, MILK,
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, oranges	
	<b>Pea Potato &amp; Cauliflower Pakora Patties</b>	Onion, Potato, Gram Flour, Peas, Spinach, Sunflower Oil (contains Antioxidant E319), Wheat Flour, Lemon Juice, Ginger, Garlic, Cumin Seeds, Salt (contains Anticaking Agent E536), Sugar, Baking Powder: (Sodium Bicarbonate, Starch (Wheat), Coriander Powder, Red Chilli Powder, Turmeric Powder	GLUTEN
	<b>Baked Masala Aubergines</b>	Aubergine, coriander, cloves, black pepper, cumin, chilli, stone flower, cassia, fennel, bay leaves, black cardamon, clove leaves, triphala,star anise, turmeric, coriander, cumin, paprika powder, ginger ground, garlic powder, laurel leaves, fenugreek powder.	
	<b>Coconut Yogurt &amp; Mango Chutney, Fresh Lime &amp; Coriander Leaves</b>	coconut milk, live culture, sugar, peeled mango slices, sugar cane vinegar, salt, chilli powder, ginger powder, garlic powder, turmeric powder, lime,	
	<b>Cooling Crunchy Raw Rainbow Vegetable Salad</b>	Kale, spinach, green beans, peas, broccoli, carrots, red cabbage, radishes, beetroot, red peppers, cherry tomatoes, raisins, avocado, almonds, milk, live cultures, white wine vinegar,potassium metabisulphite, olive oil, lemon , garlic, mustard.	SULPHITES, MUSTARD, NUTS, MILK,
	<b>Brilliant Biryani Rice</b>	Aubergines, brown rice, red rice, cauliflower, coriander, cumin, pimiento, nutmeg, pepper, cardamon, clove, fennel, bayleaves, garlic, rapeseed oil.	
	<b>Vegetable Samosas</b>	Potatoes, wheat flour, water, vegetable oil, salt, peas, carrots, sweetcorn, green chillies, crushed red chillies, salt, cumin seeds, crushed coriander, onion seeds, ajwain seeds, mutard seeds.	GLUTEN, MUSTARD
	<b>Toasted Naan Bread</b>	Water, flour, Yeast, Salt, Sugar, Vegetable Shortening, Calcium Propionate	GLUTEN
	<b>Coconut &amp; Chocolate Jammy Truffle Balls</b>	Wheat flour, butter, sugar, milk, vanilla flavouring, cocoa mass, cocoa butter, soya lecithin, nuts, almonds	Gluten, Egg, Nuts, SOYA
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, grapes	
	<b>Buffalo Bill Smoke House Chicken</b>	Smoked paprika, chicken, garlic, maple syrup, sweet paprika, soybeans, water, salt, spirit vinegar, cayenne peppers, lime,	SOYA,
	<b>Hickory Baked Salmon</b>	Salmon, water, soy beans, salt,	FISH, SOYA
	<b>Texan Bean Burritos - Plant Power Style</b>	Avocado, spinach, chilli, butterbean, blackbean,	
	<b>Blackened Corn Salsa</b>	Sweetcorn, red onion, coriander, chilli, honey, smoked paprika	
	<b>GUAC' amole !</b>	Avocado, lemon juice	
	<b>Roasted Sweet Potatoes</b>	sweet potatoes, rosemary	
	<b>Nachos + Spicy + Cool</b>	maize flour, sunflower oil,salt, jalapeno peppers	
	<b>Cookie Dough Cake</b>	Wheat flour, butter, sugar, milk, vanilla flavouring, cocoa mass, cocoa butter, soya lecithin,	GLUTEN, MILK, SOYA,
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, grapes	
	<b>Jerk Chicken</b>	Chicken, scallion, hot pepper, salt, black pepper, pimento, nutmeg, citric acid, brown sugar, thyme leaves.	
	<b>Lime &amp; Maple Charred Salmon</b>	Salmon, lime, maple syrup, coriander, soya	FISH, SOYA
	<b>Caribbean Sweet Potato &amp; Bean Patties</b>	Sweet potatoes, sweet paprika, smoked paprika, chilli, garlic, salt, pepper, rice flour, black beans, butterbeans, vegetable oil.	
	<b>Rice &amp; 'Peas' Salad</b>	Rice, greenpeas, mint, lemon juice, potassium metabisulphite	SULPHITES

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	<b>Fresh Pineapple, Avocado Lime Salsa</b>	Pineapple, avocado, lime, chilli, coriander	
	<b>'Trini' Potatoes</b>	potatoes, salt, eggs, celery, mustard, peas, carrots, pimento peppers, parsley, Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Pasteurised EGG Yolk, Salt, Acidity Regulator ( Acetic Acid ) Stabilisers ( Xanthan Gum, Guar Gum ) Preservatives ( Potassium Sorbate, Sodium Benzoate ), Flavouring, Natural Colour (Beta Carotene)lemon juice , potassium metabisulphite, sugar.	CELERY, MUSTARD, EGGS, SULPHITES
	<b>Sesame Fried Plantain Bites Served with Green Goddess Dipping Mayo</b>	Plantain, vegetable oil, rapeseed oil, water, spirit vinegar, sugar, egg yolk powder, salt, maltodextrin, mustard flour, salt turmeric, xanthan gum, acetic acid, potassium sorbate, lutein, mixed herbs, milk, live cultures, garlic, salt, pepper, olive oil.	EGGS, MUSTARD,
	<b>Cinnamon Sugar Baked Donuts with Chocolate Dipping Sauce</b>	Wheat flour, baking powder, cinnamon, nutmeg, salt, butter, sugar, eggs, milk, vanilla flavouring, cocoa mass, cocoa butter, soya lecithin	GLUTEN, MILK, EGGS, SOYA
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, grapes	
	<b>Fancy Smoked Salmon &amp; Caviar Box</b>	Salmon, salt, roe.	FISH,
	<b>Grilled, Roasted &amp; Crispy Chicken with Sauces &amp; Salsas</b>	Chicken breast, wheat flour, salt, pepper, spices, vegetable oil, rapeseed oil, water, spirit vinegar, sugar, egg yolk powder, salt, maltodextrin, mustard flour, salt turmeric, xanthan gum, acetic acid, potassium sorbate, lutein, water, sugar, chilli, salt, acetic acid, garlic powder, citric acid, modified corn starch, acetic acid, tomatoes, cucumber, chickpeas, sweet corn, black pepper, parsley, milk, live cultures.	EGGS, MUSTARD, MILK, GLUTEN
	<b>Little Vegetable &amp; Goat's Cheese Tarts</b>	Goat cheese, spinach, garlic, olive oil, flour (wheat, rye, spelt), palmfat non hydrogenated, wheat starch, rice flour, wheat fibres, barley malt extract, sugar, salt, soya flour, eggs skimmed milk powder, soya lecithin, sodium carbonates, beta carotene	milk, gluten, soya
	<b>Caesar Leaf Bowl</b>	Spinach, cos lettuce, rocket, rapeseed oil, water, maltodextrin, egg yolk, mustard, medium fat hard cheese, sugar, spirit vinegar, white wine vinegar, worcestershire sauce (water, malt vinegar, barley, cane molasses, acetic acid, salt, tamarind concentrate, spices, rice powder, garlic powder), garlic puree, citric acid, salt, lemon juice, lactic acid, black pepper, xanthan gum, dried onion, potassium sorbate,	egg, milk, mustard, gluten
	<b>Posh Slaw</b>	White cabbage, red cabbage, carrots, salt, pepper, rapeseed oil, water, spirit vinegar, sugar, egg yolk powder, salt, maltodextrin, mustard flour, salt turmeric, xanthan gum, acetic acid, potassium sorbate, lutein,	egg, Milk, mustard
	<b>Deli Style Lemony Potato Salad</b>	Baby potatoes, spring onion, mint, salt, lemon juice, garlic, salt pepper, mustard	mustard,
	<b>Cheeses, Breads, Biscuits &amp; Chutney</b>	Milk, Sugar, Mango, sugar cane vinegar, salt, chilli powder, ginger powder, garlic powder, turmeric powder, wheat flour, (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Wheatgerm, Salt, Glucose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Poppy Seeds, Wheat Starch, Sesame Seed, Malted Barley Flour, Malted Barley Extract, Wheat Bran, Kibbled Wheat, Kibbled Rye, Dried Egg, Sugar Beet Fibre, Yeast, Autolysed Yeast, Whey Powder (Milk), Black Pepper, Chive,	gluten, milk, sesame, egg
	<b>Fresh Fruit Skewers</b>	pineapple, melon, cantaloupe, kiwi, strawberries, grapes	